In order to use your notes effectively, don't spend lots of time poring over them. It is far more effective to study notes over short periods of time rather than over long periods of time. In fact, studies show that we learn more in three 30-minute sessions than in one two-hour session. That's a half-hour savings with better retention.

- Study in short sessions.

One of the most important study sessions is a quick review right after class. This session is best spent alone. But other sessions could include other people: friends, parents, professors, classmates, tutors. They might spot mistakes, point out things you missed, make up new questions you didn't think of, and answer questions you don't know.

- Study alone *and* in group sessions.

20. Stay Mentally, Spiritually and Physically Fit.

You are a multi-faceted animal – a wonder of nature composed of different elements, all working in tandem to make you a literal miracle. You are a total package of mental, spiritual and physical elements – elements that cannot really be separated.

According to Who's Who Among American High School Students, the top students from a recent response group of 23,000 were surprisingly healthy and free of bad habits. The survey indicated an unusually high number of them did not smoke. Almost 90% didn't drink, or did so moderately. And practically none had tried cocaine. Less than 5% used marijuana – far below the national average. All this is not to say that heavy smokers, drinkers or drug users cannot get good grades. But it certainly does indicate that the odds favor those who take care of themselves.

A conscientious person who establishes a goal, follows a plan, and uses what he or she is born with will prove the old adage to be true: "Where there's a will there's a way. And . . .

Where There's a Will There's an "A".